

# FLUORIDE: CAVITY FIGHTER

Children can maintain good oral health in 4 ways:



Drink water that has fluoride



Brush twice a day with the right amount of fluoridated toothpaste



Eat a healthy diet, limiting sweet drinks, sticky candies, and snacks



Talk to your dentist or doctor about fluoride treatments

Fluoride is an important mineral for all children. Talk to your dentist or doctor to learn more.



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness

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